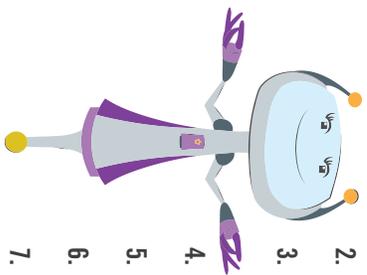


1 Fill in the Healthy Habit!



- Germies give us fevers and the _____.
- Cough into your _____ to protect from disease.
- Remember to wash your _____! Hum " _____ " twice and you'll be done!
- If you spread your _____ to other kids, they could get _____, too.
- Make sure to stay _____ when you're sick.
- _____ immunity is how we protect our community.
- Vaccines keep you _____ from diseases by making antibodies.
- Be brave and get your _____!

Answers: 1. chills; 2. sleeve; 3. hands, Happy Birthday; 4. germs, sick; 5. home; 6. Herd; 7. healthy; 8. shots

2 Draw Your Own Healthy Habit All-Star!

Don't forget to give your all-star a name and specialty (like Dalton, the Amazing Disease Squasher).



MEET _____!
THE _____!

3 Lucy's Word Quest

Make Lucy proud!
Find all the healthy habit words you can!

W	Z	I	G	L	H	P	H	R	G	L	Y	G	O	R	W	P	H	O	X	N	L	K	D	P	M	I	Q	K	D	
V	C	F	K	K	L	E	B	H	E	A	L	T	H	Y	A	B	R	A	V	E	P	W	A	T	E	R	S	A	C	S
U	F	N	G	U	I	G	D	B	N	O	S	O	F	O	S	A	P	V	K	Z	I	X	K	O	P	B	S	J	J	F
F	S	E	P	A	G	N	Z	W	S	Z	U	S	T	H	H	P	G	G	H	A	B	I	T	S	K	T	V	H	J	R
V	B	H	Y	G	I	E	N	E	B	G	H	H	A	T	U	F	H	D	R	Z	D	K	S	E	P	J	D	A	C	B
B	Z	P	M	S	T	C	T	H	I	O	N	O	M	G	A	H	H	C	X	P	K	E	A	A	I	Y	A	N	Q	W
C	L	I	J	Z	Z	M	L	M	J	O	Z	T	N	V	E	K	A	M	T	U	O	B	O	X	M	C	J	D	U	P
R	Q	B	W	I	V	M	V	I	J	D	E	S	G	S	E	E	P	A	P	C	T	S	B	N	E	J	S	S	S	O

HEALTHY
HABITS

GOOD
HYGIENE

WASH
HANDS

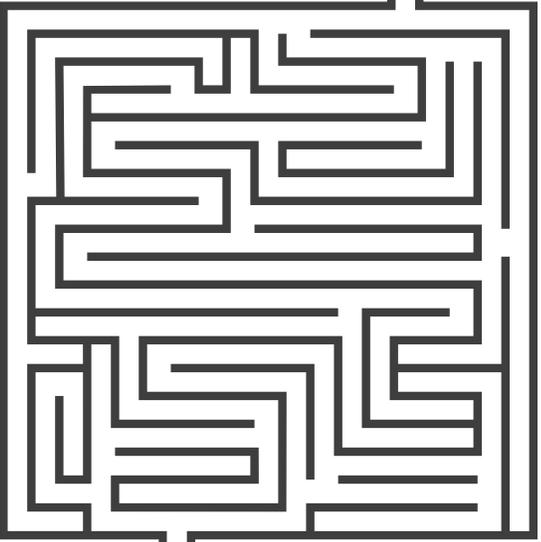
SOAP
WATER

SHOTS
BRAVE



3 D.O.G.'s Amazingly Amazing Maze

D.O.G. can't stand diseases! Help him chase down the disease to stop it from spreading.



Awesome Activity Guide

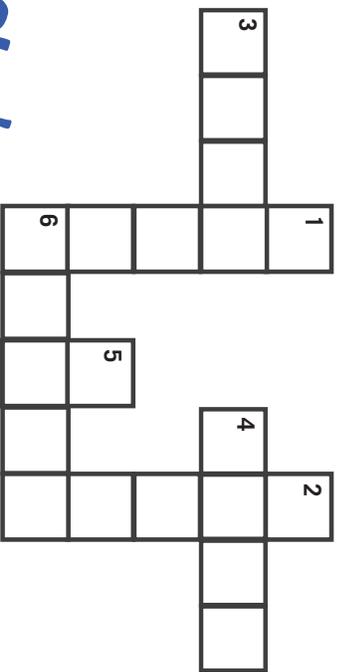
Show germs and diseases who's boss by completing these healthy habit activities!

HEALTHY HABIT
ALL-STAR

LUCY'S
WORKSHOP

ADDPH
Arizona Department
of Public Health

Funding provided in part by Centers for Disease Control and Prevention.



5 Glen's Good Hygiene Crossword Puzzler

down: 1. germs, 2. soap, 3. home, 4. hand, 5. wash, 6. nose

- ACROSS**
- This is where we should stay if we're sick.
 - Lucy's so smart, she'll probably work here someday!
 - Vaccinations are also called this.
- DOWN**
- If we don't wash our hands, these can spread everywhere.
 - Glen's favorite food!
 - We need to use this when washing our hands.

7 Connect the Dots

What's this girl doing? Connect the dots to find out!



Answer: She's coughing into her sleeve to protect from disease.

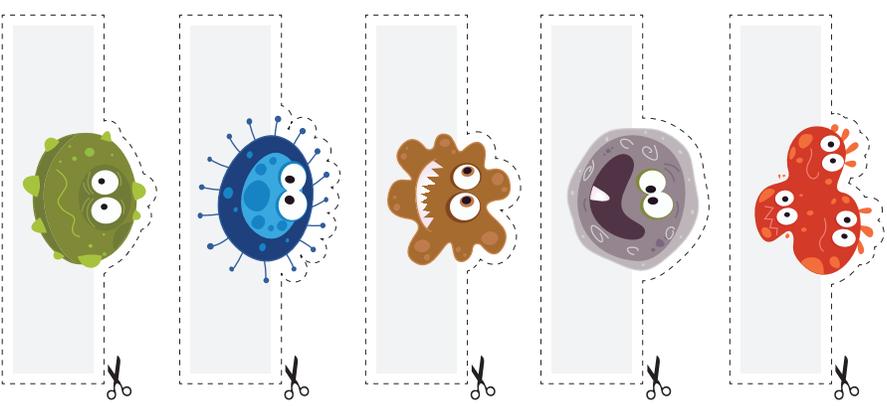
8 Lucy's Germ Search

Ewww germs are everywhere! Find 10 germs and cross them out to keep them from spreading.



6 Germ-tastic Finger Puppets

When you don't wash your hands, germs can spread all over them...and everything you touch! Gross, right? Cut out these germ finger puppets and use tape to secure the ends together.



LUCY'S WORKSHOP



Awesome Activity Guide

Show germs and diseases who's boss by completing these healthy habit activities!

HEALTHY HABIT ALL-STARS